



**TRAINING
2023/24**



**A STRONGER
VOICE
TOGETHER
FOR CHILDREN
AND YOUNG
PEOPLE**

WELCOME

to our 2023-24 Training Programme!

To support our mission to strengthen the quality of youth and children's work across Edinburgh and the Lothians, the training programme is guided by the youth work sector and the needs of our member groups.

A clear example of this is that we have increased the offer of Child Protection Awareness and Child Protection Officer training. This training supports our member groups to have staff that are competent and confident in carrying out their responsibilities for safeguarding and promoting children's wellbeing.

If you are new to youth and children's work, or an experienced youth and children's worker or in management, we guarantee our training programme has a number of courses for you! We aim to provide individuals new to youth and children's work with a good grounding in essential skills for working with children and young people.

This includes accredited pathways via the ***Ready for Youth Work course at SCQF level 3** along with options to develop and upskill staff on topics such as UNCRC, Mental health Matters, LGBT+ Inclusive Practice, and/or a ***PDA in Youth Work at SCQF level 6**.

At LAYC, we also want to support the development of your knowledge, skills and confidence to assist children and young people to undertake Youth Scotland's Awards (***Hi5 Award, Dynamic Youth Award and Youth Achievement Awards**) by including AWARDS training and support.

This year's training programme will include over 30 courses from now until June 2024, introducing some new courses and delivery partners. Courses vary in length, time and day of provision so please read through and book your place!

Booking Training

Training is free for LAYC member groups' staff and volunteers and is open to non-members for a small fee. Visit

<https://www.laycbookings.org.uk> to book. Member groups can book up to 2 people per organisation on each training course, and additional people will go on a waiting list.

Next Steps:

Once you have received your booking confirmation, to ensure the best training experience for all please:

- Arrive on time and commit to the full duration of the sessions.
- Indicate at the beginning of your course if you do not wish for your photo to be used, as photos may be taken during a training course for marketing purposes.
- Be aware of the cancellation policy, where if you do not attend, or cancel without giving 2 working days' notice then a fee of £25 will incur.
- Complete your course evaluation.

Evaluations

Your feedback is valued and important in helping us to improve our training programme, and to also demonstrate success to funders. This will help ensure we can continue to run free training for members. Please complete the training evaluation at the end of each course and you will be entered into a prize draw for the chance to win a shopping voucher!

Keep up to date:

For the latest training news and updates, why not check out LAYC's

- Website (<https://www.layc.org.uk/>)
- Subscribe to our Ebulletin (<http://eepurl.com/dzAhZD>)
- Twitter (@LAYC2015)
- Facebook (@LAYC1930)

Thanks to All Our Training Partners for Their Support!

We look forward to welcoming you on a training course soon.





CHILD PROTECTION AWARENESS WITH A CHOICE OF 6 DATES

- 📅 Wednesday 13th September
- Thursday, 30 November
- Tuesday, 16 January
- Tuesday, 5 March
- Tuesday, 30 April
- Thursday, 30 May
- 🕒 10-1pm
- 👤 in person @LAYC

This course covers the essential safeguarding and child protection procedures as detailed in the Inter-agency Child Protection Procedures for Edinburgh and Lothians.

The Child Protection Awareness training is for all staff who have regular contact with children and young people and will focus on:

- The current context for child protection
- Developing/refreshing your understanding of child protection issues
- Raising your awareness of your role in the child protection process

Anyone with management responsibility who may need to decide about what to do regarding a concern for a child should attend Child Protection Officer training.

Free to members. £30 non-members.



MENTORS OF VIOLENCE PREVENTION (MVP)

- 📅 Tuesday, 19 September
- 🕒 10-5pm
- 👤 St Leonards Police Station, 14 St Leonard's Street, Edinburgh EH8 9QW

Mentors in Violence Prevention (MVP) is a peer mentoring leadership programme for young people.

This interactive workshop will introduce the Mentors in Violence Prevention model, and key activities used to:

- Explore and challenge the attitudes, beliefs and cultural norms that underpin gender-based violence.
- Address a range of behaviours including sexting, controlling behaviour, sexual harassment, and consent.
- Be an active bystander with the ability to support and challenge their peers in a safe way.
- Build healthy, respectful relationships both in the school and in the community.

Free to members. £60 non-members.



UNDERSTANDING AND MANAGING BEHAVIOUR THAT CHALLENGES

- 📅 Tuesday, 3 October
- 🕒 10-5pm
- 👤 in person @LAYC

This introductory workshop is designed to increase your understanding and raise awareness of how to manage behaviour that is challenging in a youth work setting. This interactive session will cover:

- Framing the behaviour that presents as challenging.
- Understanding what drives behaviour
- Exploring strategies for working with behaviour that presents as challenging
- Positive strategies to support behaviour – what to say, what to do and how to be

Free to members. £60 non-members.



UNDERSTANDING AUTISM

- 📅 Tuesday, 10 October
- 🕒 10-1pm
- 👤 in person @LAYC

This is an interactive workshop exploring what is meant by Autism, raise the awareness of how to work with a young person in a youth work setting and explore briefly other conditions that may co-occur with autism such as ADHD, Dyslexia and Dyspraxia.

Learning Outcomes:

- Raise your awareness of what is meant by 'autism'
- Raise your awareness of other conditions that may co-occur with autism
- Identify challenges you as a worker may be faced with Look at ways to work with young people with autism to access your services
- Where to access further information

Free to members. £30 non-members.



MENTAL HEALTH MATTERS

- 📅 Thursday 12th October
- Thursday 26th October
- 🕒 10-5pm
- 👤 in person @LAYC

Mental Health Matters training programme supports the promotion of positive mental health and emotional wellbeing in staff, young people and families. Each session contains a balance of discussion, group activities and opportunities for self-reflection.

Course content:

1. **Mental Health** - an introduction to risk and protective factors for mental health
2. **Brain development across the lifespan** - examining the changes that take place in the brain throughout childhood and adolescence and how the changes influence behaviour
3. **Managing stress and anxiety** - exploring the impact of stress on brain and body and how to support the management of it in ourselves and others
4. **Attachment & trauma** – increasing knowledge and understanding of secure and insecure attachment styles on child development and how to better support children and young people who have experienced trauma and adversity
5. **Resilience & Healing** – normalising the ups and downs of life while exploring how resilience can mitigate the impact of childhood adversity
6. **Looking after our wellbeing** – understanding why we need to look after our mental health as well as those we support and reviewing practical strategies to help us do this

Free to members. £120 non-members.





CHILD PROTECTION OFFICER WITH A CHOICE OF 2 DATES

- 📅 Thursday, 5 October
Wednesday, 31 January
- 🕒 10-5pm
- 👤 in person @LAYC

This session will provide an:

- Understanding of the current legislation and procedures relating to Child Protection
- The role and responsibilities of a Child Protection Officer/designated member of staff in a voluntary youth group
- Exploration of case studies to consider responses to various child protection issues
- Input/discussion about digital safety issues

The Child Protection Officer training is for all staff with management responsibility who may need to make a decision about what to do regarding a concern for a child or young person.

Free to members. £60 non-members.



SMOKING, VAPING, MENTAL HEALTH AND WELLBEING

- 📅 Tuesday, 24 October
- 🕒 10-12pm
- 💻 Online via Zoom

Want to improve your knowledge and confidence when it comes to discussing tobacco, vaping and their impact on the mental health and wellbeing of young people?

Combining key facts alongside activities and resources you can use to engage young people in these topics, this interactive session will do just that.

Learning outcomes:

- Youth workers are knowledgeable about tobacco, vaping and their impact on the health and wellbeing of young people.
- Youth workers are able to confidently discuss the impacts of tobacco and vaping with young people.
- Youth workers are aware of the resources and tools available to them to aid their discussions of tobacco and vaping with young people.

Free to members. £30 non-members.



PDA IN YOUTH WORK (SCQF LEVEL 6)

- 📅 Wednesday, 8 November
- 🕒 10-4.30pm
- 👤 in person @LAYC

Closing date for applications: Monday 2nd October 2023

This exciting course will offer youth workers and volunteers from youth groups the chance to undertake a nationally recognised SQA qualification in youth work. The PDA in Youth Work is made up of three units: Understanding and Exploring Youth Work, Engaging with Young People and Delivering Youth Work. Participants will be required to complete all three units, three assessments and undertake a practical placement and observation within their workplace or the youth club/group where they volunteer.

Entry Requirements

- All applicants/participants must be 18+ (Young leaders aged 16+ – 18 who are suitably experienced may also be considered) and be able to demonstrate that they:
- Have 1 year experience of regularly working/volunteering in a youth work setting.
- Have completed the Youth Scotland Ready for Youth Work 2-day course (in person or online 5 sessions) or equivalent covering core competencies as per the National Youth Work Induction Checklist.
- Have completed a Child Protection Awareness course in the past 2 years.
- Currently work or volunteer in a youth work setting.
- Have written permission from their workplace or the youth group where they volunteer, confirming they can be observed delivering youth work as part of the PDA course.
- Are able to attend all the outlined training sessions and undertake all the required assessments.

Wed 8th Nov 2023, 10-5pm, PDA unit 1 (Day 1)

Wed 15th Nov 2023, 10-5pm, PDA unit 1 (Day 2)

Wed 17th Jan 2024, 10-5pm, PDA unit 2 (Day 1)

Wed 24th Jan 2024, 10-5pm, PDA unit 2 (Day 2)

Wed 13th March 2024, 10-5pm, PDA unit 3 (Day 1)

Wed 8th May, 2024 10-5pm, PDA unit 3 (Day 2)

Free to members and City of Edinburgh Council sessional youth & children employees - please note the market value of this course is over £500.





DELIVERING EFFECTIVE SUPPORT AND SUPERVISION

📅 Tuesday, 31st October (Part 1 of 2) - Online
Tuesday, 28th November (Part 2) - In person
🕒 10-1pm
👤 & 📺

This course will offer you an introduction to offering one to one support and supervision. It is aimed at people who are new to the role and people who would like to refresh their knowledge and check out their practice. The focus of the course is on planned supervision sessions however most of the concepts will be relevant for informal support and supervision also.

Over the 2 half days you will explore;

- The functions, key stakeholders, and focus of effective support and supervision
- The beginning process constructively negotiating a supervision agreement and clarifying boundaries
- Help people to reflect on their work and learn from their experiences
- Identify a number of steps to develop as a supervisor

To learn, observe and reflect from this practice it is advisable that if you are currently in the role as line manager that you schedule at least 1 S&S session in between session 1 and session 2.

Session 2 offers an opportunity for sharing your reflection of any implementation or observation of this session.

Free to members. £60 non-members.



UNITED NATIONS CONVENTION OF THE RIGHTS OF THE CHILD (UNCRC) WHAT, WHY, HOW?

📅 Tuesday, 14 November
🕒 10-1pm
👤 in person @LAYC

This interactive session aims:

- To raise practitioner's awareness and develop their knowledge of UNCRC.
- To support a rights-based practice across organisations
- To link rights-based practice to the Scottish legislation and policy context
- To enable children to know, understand and claim their rights.

Free to members. £30 non-members.

NATIONAL YOUTH WORK INDUCTION CHECKLIST

The Youth Work sector developed this checklist of topics that should be covered during induction training for youth workers. Facilitated by YouthLink Scotland's Youth Work Training Forum, this checklist should ensure inductions give a good sense of the values, principles, approaches and skills needed to deliver youth work as well as key practical considerations. These topics help practitioners to meet the National Occupational Standards for Youth Work and the competences for Community Learning and Development (CLD).

The purpose is to have a minimum induction standard across Scotland so that staff and volunteers can expect the same level of induction training wherever they practice and so that induction is transferable across organisations and locations. This recognises training that practitioners have already participated in, the time commitment they have given and the quality of induction provision across the youth work sector.

The principles of this checklist are:

- The pitch and level expected is one of awareness raising. There is an expectation that practitioners will do further training in these areas.
- The content should be adapted to your organisation and the nature of the young people you work with, making use of existing resources and learning opportunities.
- We have agreed a notional minimum learning time of two hours per section throughout the checklist.
- We would recommend that practitioners complete this induction within 12 months of starting youth work practice.

The full document can be accessed here:

www.youthlink.scot/wp-content/uploads/national-youth-work-induction-checklist-september-2018-designed.pdf

We have included a version of the checklist and a calendar of all our training that you can easily pull out allowing you to record which topics you have completed via our training programme - www.laycbookings.org.uk



SEPT	OCT	NOV	JAN	FEB	MAR	APRIL	MAY	JUNE
				LGBT+ Inclusive Practice in Youth and Children's Work			Healthy Respect-RSHP for Primary Aged Childre	1
								2
	Understanding & Managing Behaviour that Challenges							3
								Trauma informed practice Level 1
	Child Protection Officer				Child Protection Awareness			5
								6
					Self harm: Whats the Harm?			7
		PDA Part 1		Internet Safety and Working with Young People			PDA Part 6	8
							Creative Consultation and Evaluation	9
	Autism Awareness							10
								11
	Mental Health Matters							12
Child Protection Awareness					PDA Part 5			13
		UNCRC			The Promise: How to Support Children and Young People with Experience of the Care System			14
		PDA Part 2					Engaging Young People in Local Green-spaces	15
			Child Protection Awareness				LGBT+ Inclusive Practice in Youth and Children's Work	16
			PDA 3					17
						Ready for Youth Work Part 1		18
MVP					Training essentials: Youth Participation			19
				Parental Alcohol Use & Impact on Children & Young People				20
					GIRFEC		Mental Health Matters	21
		Trauma skilled Practice Level 2						22
						Young People & Alcohol Use	Active Fun & Games	23
	Smoking Vaping, Mental Health and Wellbeing		PDA Part 4					24
			Self Harm Introduction			Ready for Youth Work Part 2		25
	Mental Health Matters							26
				Imagine a Man	Trauma skilled Practice Level 2			27
		Delivering Effective Support & Supervision Part 2					Mental Health Matters	28
				Eating Disorders in Children and Young People				29
		Child Protection Awareness	FIRST AID			Child Protection Awareness	Child Protection Awareness	30
	Delivering Effective Support & Supervision Part 1		Child Protection Officer					31

* Edinburgh school and public holidays, which the LAYO Training Programme aligns to

Understanding Young People in Society

- What is it like to be a young person?
- Young People's development:
 - Social
 - Physical
 - Emotional

Youth Work Skills

- Role of the Youth Worker
- Communicating with young people
- Group work
- Youth participation
- Digital youth work
- Practical Resources (ice breakers, team building)
- Dealing with and understanding challenging behaviour

Values and principles of youth work

- Nature and Purpose of Youth Work
- Values and principles
- Children's Human Rights
- CLD code of ethics
- Professional boundaries
- Handling difficult situations

Safeguarding and Child Protection

- Why PVG?
- Child protection and safe guarding procedures in your organisation
- Creating a safe youth work environment
- First Aid procedures
- Data protection

Equality and diversity

- Understanding young people's barriers to participation
- Inclusive youth work practice

Planning cycle in youth work

- National Youth Work Outcomes and Indicators (impact of youth work)
- Involving young people in planning
- Recording sessions
- Evaluation and reviewing
- Celebrating young people's achievements

Understanding your community

- What does youth work look like in your community?
- Partners and stakeholders
- Awareness of policy context of youth work e.g. National Youth Work Strategy

Working with your team

- Skills audit: what are you bringing to the team?
- Roles and responsibilities
- Teamwork
- Leadership

Date of Completion



TRAUMA SKILLED PRACTICE LEVEL 2

- 📅 Wednesday, 22 November
- 🕒 10-4.30pm
- 👤 in person @LAYC

This training is part of the "Transforming Psychological Trauma" framework developed by NES and the Scottish Government. The training must be attended in full and will focus on:

Trauma and its Effects: looking at principles of trauma informed practice whilst providing information on the impact of trauma on young people. It will give an overview of how traumatic experience can affect the brain and manifest itself in a young person's ability to regulate themselves.

Recognising & Responding to Trauma: exploring ways in which people cope with trauma. Focusing on how workers can respond to a disclosure of trauma and consider the impact on staff of working with young people who have experienced trauma and the importance of self-care.

Relationships & Recovery: the importance of relationships for promoting recovery from trauma. Reflecting on the principles of trauma informed care and consider how we can facilitate those in our working relationships with young people who have experienced trauma. Factors which influence recovery including when to refer to specialist services will also be considered.

Level 2 it is suitable for workers who have direct and frequent contact with young people who may be affected by trauma. This course involves a 2 hour e-module before the training.

(You do not necessarily need to have completed Level 1 to attend this course)

Free to members. £60 non-members.



WHAT'S SELF HARM: INTRODUCTION SESSION

- 📅 Thursday, 25 January
- 🕒 10-12pm
- 👤 in person @LAYC

This introduction session has been developed by the NHSGGC Self Harm Forum. It is not training but aims to give:

- An overview of the self-harm when used as a coping strategy
- Help develop participants understanding of self-harm resources available

Free to members. £30 non-members.



EMERGENCY FIRST AID AT WORK WITH PAEDIATRIC

- 📅 Tuesday, 30 January
- 🕒 10-4.30pm
- 👤 in person @LAYC

This course is for youth workers, play workers and volunteers who wish to gain knowledge and experience of First Aid.

This interactive course will include:

Recovery position, CPR and treatment for shock, Disorders of breathing, Hypothermia, Disorders of consciousness, Wounds and bleeding, Injuries to bones and soft tissue, Burns and scalds, Poisons, Miscellaneous conditions.

Certification is for 3 years and each individual receives a comprehensive handbook

£35 members, £70 non members.



LGBT+ INCLUSIVE PRACTICE IN YOUTH AND CHILDREN'S WORK

Thursday, 1 February
10-1pm
in person @LAYC

This interactive session will increase practitioner awareness and confidence around LGBT+ identities and will cover:

- Language and definitions
- How to make your setting more inclusive with simple top tips for practice
- Signposting to resources and a copy of the new resource Top Tips for Trans Inclusion in Youth Spaces

Free to members. £30 non-members.



INTERNET SAFETY AND WORKING WITH YOUNG PEOPLE

Thursday, 8 February
10-1pm
in person @LAYC

This training aims to increase professionals knowledge of online child sexual abuse and how to respond to it – through education and safeguarding. The session will focus on:

- An introduction to online sexual abuse
- Children and young people online
- Non-consensual nude image sharing amongst children and young people
- Livestreaming
- Challenging victim blaming attitudes...

Free to members. £30 non-members.

PARENTAL ALCOHOL USE & IMPACT ON CHILDREN & YOUNG PEOPLE

Tuesday, 20 February
10-1pm
in person @LAYC

This session will:

- Look at the impact of parental/carer alcohol use
- Give participants a better understanding of the issues young people face
- Look at how to support young people and signposting to other services

Free to members. £30 non-members.



NEW: IMAGINE A MAN

Tuesday, 27 February
10-1pm
in person @LAYC

Talking about positive masculinity promotes healthier gender norms and create a more equitable and inclusive society. Positive masculinity benefits everyone.

The Imagine a Man training will cover all aspects of developing a positive masculinity programme for young people covering:

- Thinking it through
- Getting started
- Making it work
- Passing it on

Free to members. £30 non-members.



EATING DISORDERS IN CHILDREN AND YOUNG PEOPLE - BODY IMAGE & SOCIAL MEDIA

Thursday, 29 February
10-1pm
in person @LAYC

This session aims to provide you with an:

- Overview of the different types of eating disorders in children and young people
- Information on how to spot the signs of an eating disorder
- how to refer for treatment
- Ideas on preventative work including group-based resources on body image for young people.

Free to members. £30 non-members.



SELF HARM: WHAT'S THE HARM?

Thursday, 7 March
10-5pm
in person @LAYC

This workshop aims to help dispel the myths about self harm and equip participants to support people who may self harm. This will include input and discussions on the following:

- Definition of self harm, which recognises that it is predominantly a coping strategy.
- The difference between self harm and suicide.
- The emotional, social and physiological factors that may underlie self-harming behaviours.
- Reflect on your own feelings and reactions to self harm and how these can impact on interventions.
- Appropriate and safe responses/ interventions, including harm reduction
- Issues which impact on working with self harm within the context of your own workplace/role.

Free to members. £60 non-members.



THE PROMISE: HOW TO SUPPORT CHILDREN AND YOUNG PEOPLE WITH EXPERIENCE OF THE CARE SYSTEM

Thursday, 14 March
10-1pm
in person @LAYC

The Promise is the outcome of a comprehensive review of Scotland's care system, demanding fundamental change in policy, practice and culture within organisations that work with children, young people, and their families.

This training will focus on:

- What it means to work with children in the care system and those on the edges of care
- Looking at language, interventions and support available for you and your organisation

#KeepThePromise.

Free to members. £30 non-members.

MISSION

LAYC will champion, grow and strengthen the quality of community-based youth and children's work by supporting our Member Groups to provide positive opportunities for children and young people.



TRAINING ESSENTIALS: YOUTH PARTICIPATION

- Tuesday, 19 March
- 10- 5pm
- in person @LAYC

This interactive workshop will cover:

- Look at what is youth participation
- How young people can become involved in decision making
- The Bored Meetings resource for supporting meeting skills for young decision makers
- A variety of resources and activities to support workers and young people to improve group decision-making skills

Free to members. £30 non-members.



GIRFEC

- Thursday, 21 March
- 10-1pm
- in person @LAYC

This workshop aims to provide an:

- Overview of the refreshed Getting it Right For Every Child
- Development/refresh your understanding of Getting it Right For Every Child
- Understand how to promote children, young people's and families wellbeing in a youth and children's work setting by using the GIRFEC approach

Free to members. £30 non-members.



TRAUMA SKILLED PRACTICE LEVEL 2

- Wednesday, 27 March
- 10-4.30pm
- in person @LAYC

This training is part of the "Transforming Psychological Trauma" framework developed by NES and the Scottish Government. The training must be attended in full and will focus on:

Trauma and its Effects: looking at principles of trauma informed practice whilst providing information on the impact of trauma on young people. It will give an overview of how traumatic experience can affect the brain and manifest itself in a young person's ability to regulate themselves.

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Level 2 it is suitable for workers who have direct and frequent contact with young people who may be affected by trauma. This course involves a 2 hour e-module before the training.

(You do not necessarily need to have completed Level 1 to attend this course)

Free to members. £60 non-members.



READY FOR YOUTH WORK (SCQF LEVEL 3)

- Thursday 18th April 2024 & Thursday 25th April 2024
- 9.30-5pm
- in person @LAYC

Ready for Youth Work is a practical course over 2 days for new youth workers and volunteers to ensure that they can:

- Create a safe space for young people
- Plan, deliver and evaluate fun youth work sessions for young people
- Engage young people meaningfully and
- Celebrate and recognise their achievements.

Accreditation available at SCQF level 3 you will be asked to do some portfolio building in your own time.

Free to member and non-member please contact LAYC for course costs.



YOUNG PEOPLE & ALCOHOL USE

- Tuesday, 23 April
- 10-4pm
- in person @LAYC

This session aims to give participants the tools and knowledge to support young people by exploring:

- Young people's alcohol use trends,
- Why young people use alcohol,
- Types of alcohol use
- Risk and signs of problematic alcohol use.
- Tools and resources to work with young people

Free to members. £60 non-members.



HEALTHY RESPECT: RELATIONSHIPS, SEXUAL HEALTH AND PARENTHOOD EDUCATION (PRIMARY AGED CHILDREN)

- Wednesday, 1 May
- 10-1pm
- in person @LAYC

This interactive session will cover:

- The language we use to talk about bodies and relationships
- Puberty, consent, and online safety
- The Scottish resource - <https://rshp.scot/>
- How to respond with confidence and support key messages for children

Free to members. £30 non-members.



CREATIVE CONSULTATION AND EVALUATION

- Thursday, 9 May
- 10-12pm
- in person @LAYC

This fun, interactive workshop by Youth Scotland will explore creative ways to engage young people in consultations and evaluations.

Free to members. £30 non-members.





ENGAGING YOUNG PEOPLE IN LOCAL GREENSPACES

- 📅 Wednesday, 15 May
- 🕒 10-4pm
- 👤 In person at Risk Factory, Corn Exchange

In this introduction to Engaging Young People in Local Greenspaces we will cover how you might go about getting young people involved in their local environment. We'll briefly cover the following:

- The benefits of outdoor youth work
- Getting young people motivated to get involved
- Finding accessible and suitable greenspaces around you
- A range of practical activities including woodland skills, environmental games and activities, art and crafts
- Health and safety when working with groups outdoors including ratios, risk assessments, ppe and the weather
- Arrange of nature based awards you can create a programme of activities around

Free to members. £60 non-members.



LGBT+ INCLUSIVE PRACTICE IN YOUTH AND CHILDREN'S WORK

- 📅 Thursday, 16 May
- 🕒 10-1pm
- 👤 in person @LAYC

This interactive session will increase practitioner awareness and confidence around LGBT+ identities and will cover:

- Language and definitions
- How to make your setting more inclusive with simple top tips for practice
- Signposting to resources and a copy of the new resource Top Tips for Trans Inclusion in Youth Spaces

Free to members. £30 non-members.



MENTAL HEALTH MATTERS

- 📅 21st May 2024 and 28th May 2024
- 🕒 10-5pm
- 👤 in person @LAYC

Mental Health Matters training programme supports the promotion of positive mental health and emotional wellbeing in staff, young people and families. Each session contains a balance of discussion, group activities and opportunities for self-reflection.

Course content:

1. **Mental Health** - an introduction to risk and protective factors for mental health
2. **Brain development across the lifespan** - examining the changes that take place in the brain throughout childhood and adolescence and how the changes influence behaviour
3. **Managing stress and anxiety** - exploring the impact of stress on brain and body and how to support the management of it in ourselves and others
4. **Attachment & trauma** – increasing knowledge and understanding of secure and insecure attachment styles on child development and how to better support children and young people who have experienced trauma and adversity
5. **Resilience & Healing** – normalising the ups and downs of life while exploring how resilience can mitigate the impact of childhood adversity
6. **Looking after our wellbeing** – understanding why we need to look after our mental health as well as those we support and reviewing practical strategies to help us do this

Free to members. £120 non-members.



ACTIVE FUN AND GAMES

- 📅 Thursday, 23 May
- 🕒 10-1pm
- 👤 in person @LAYC

This fun workshop will provide practical tips and ideas on how to deliver simple games sessions to children and young people. It will build your skills in promoting health in active sessions and build your confidence in leading sessions.

Free to members. £30 non-members.



TRAUMA INFORMED PRACTICE LEVEL 1

- 📅 Tuesday, 4 June
- 🕒 10-1pm
- 👤 in person @LAYC

This workshop will focus on the principles of trauma-informed practice by introducing the relevant knowledge and skills that are needed to be able to make a positive difference when working with young people and adults affected by trauma.

Level 1 training. It may be especially relevant to those who are new to youth work or have no previous training in trauma. More experienced workers should see Trauma Skilled Practice Level 2 (no need to complete level 1)

Free to members. £30 non-members.

NOTES

With thanks to:

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Scotland**

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Trust**

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 **the
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